

I fear I am exceeding the space allowed to me so will offer just one other little word of counsel—*study*. I know that all good teachers have some study each day in preparing for the next day's work, but, besides this, study some two or three subjects, definitely on your own account. Do not think this a selfish thing to do, because the advantage does not end with yourself. Every hour of definite study enriches your mind and increases your power, so that, the more you study in your spare time, the more there is in you to bestow upon your pupils. I think I have already advised most of you to join the College by Post. I cannot say enough in praise of this most excellent scheme, and I think we are all grateful to the Founder, Miss Petrie (now Mrs. Carus Wilson). There is hardly a subject upon which one cannot get directions, suggestions, examinations, all possible helps to private study; and this, at practically no expense. Communicate with the Vice-President, Miss E. Waller, St. John's Hall, Highbury, London, N., saying what subjects you would like to study. One Divinity subject is incumbent, and I should advise *Clews to Holy Writ*.

There are so many things to say that I see no reason for stopping for a week to come, but my space will not last out. So with loving New Year's Greetings, which I wish could be face to face,

I am,

Your always affectionate friend,

C. M. MASON.

## EDITORIAL.

THE promotion of our Old Students' Association and the appearance of the first number of our Magazine should mark an epoch in our lives as teachers. The fact that the idea of forming an association has been taken up most warmly and unanimously by the ex-students serves to show that we all feel the need of united work.

We have all along been fellow workers, but we are now beginning to see that better work may be done if we form some definite bond amongst ourselves than if we go on working as isolated individuals. We also begin to want some means of communication with one another. While there were only a few students all were linked together, but now that there have been several "generations" many are almost entirely unknown to each other. Our Magazine we hope will introduce us to one another.

Our Association then is to be of practical use to us all, and in joining it we take upon ourselves certain responsibilities. Virtually we undertake to do all we can to help each other and to advance the work in which we are all engaged.

This work of ours is one involving very serious responsibilities, and which needs much patience and much selflessness. We all know that there are times of almost overwhelming depression and despair when perhaps a few encouraging words from others who have passed through just those difficulties which are confronting us might lighten our burden and make us ready to go on patiently and hopefully. Some may have overcome one difficulty, some another, therefore it is the *duty* of everyone to write anything which might be of use to others. After the training we have had, we must



all be deeply and lovingly interested in our work. We should, therefore, allow no false sense of modesty to hold us back, but should speak out from the very depths of our heart. Words thus spoken must reach some other heart, and we know not what work they may do.

It has been very encouraging to receive so many enthusiastic letters from the students on the subject of the Association and the Magazine; but our enthusiasm must not wear itself out in writing letters. It must be put to practical use, and it must be an enthusiasm which will live and grow.

I wish all members could see the letters written by our Vice-presidents. It ought to prove very inspiring to us to feel that we have the good-will and sympathy of so many friends.

Great things are expected of us — but the higher our aims the greater will be our achievements — therefore let us proudly accept the high standard given us and make it our aim to live up to it.

## IMAGINARY FEARS.

“ PLEASE, nurse, don't shut the door, will you ? ”

This was the piteous and often repeated request of a little six-year old girl who, as the result of shock, had a nervous dread of being left in a room alone. She had one day by mistake, though partly out of curiosity, locked herself in a room and, in realising what she had done, was so overcome by terror that she was quite unable to undo the fastening.

Persuasion and entreaty were alike useless, and violent means had to be used to release her; and though this was done as quickly as possible by forcing a window, the imprisonment was long enough to produce a lasting impression: one of the evidences of which was the frequent recurrence of the above petition.

The question as to how to remove this fear without appearing to notice it, and without scolding or remonstrance, was an anxious one, and it was arranged that the child never should be left in a room with the door closed, either by day or night, though the subject was never openly mentioned before her, and care was always taken to encourage confidence.

For quite two years this treatment was more or less necessary, but it ended in complete success. The fear of darkness so common with children may be overcome by patient and gentle reasoning, especially if no wrong idea of punishment has ever been associated with it, and an instance of overcoming the fear of noise has already been given in our preliminary number.

But another, and perhaps less common, form of fear is one formerly shown by a little girl with whom I have had to do. It consisted of a nervous dread of sudden illness, or even of death, and was so real that, though naturally she was little inclined to cry, it would cause floods of tears and deep distress, chiefly at bed-time. No distinct cause could be traced, and there seemed nothing physically wrong to account for such an unnatural condition. For some time gentle reasoning seemed in vain; but watchfulness in never leaving her long alone and in diverting her thoughts by giving her, on going to bed, some amusing problem to solve — such as, “ If I were to give